



ABIPA Health Highlights

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

MAY 2013

OFF SITE ACTIVITIES

Heart Health Lunch & Learn

**Wednesdays,
May 15, 22, 29**
12:30 to 2:30 p.m.,
Linwood Crump Shiloh
Recreation Complex.

~ HER ~ Health Education Revolution

**Health Fair,
Saturday, May 18**
1 to 5 p.m. at Pisgah
View Apartments.

MMMP Banquet

Thursday, May 23
7 to 9 p.m. at MAHEC.

Annual Prostate Screening

Saturday, June 15
8 a.m. to 12 noon at
Dr. John Wesley Grant
Southside Center.

Ladies Night Out

**First Thursday
of each month,
4 to 8 p.m.**
FREE physicals,
mammograms,
and health educa-
tion for qualifying
uninsured or under-
insured women.
Transportation
provided. Free childcare,
refreshments, blood-
pressure checks, cho-
lesterol screenings, and
pap smears. Call (828)
250-6006 to make your
appointment.

ABIPA

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Asheville Buncombe Institute of Parity Achievement

ABIPA promotes economic,
social, and healthy parity
achievement for African
Americans and other people
of color in Buncombe
County through advocacy,
education, research, and
community partnerships.

www.ABIPA.org



by Je'Wana Grier-McEachin,
Executive Director

Photo by JaiEssence McEachin

Health Education Revolution Project



Facts About Women's Health in Buncombe County

Heart disease accounted for 23.2% of deaths in Buncombe County between 2005 and 2009.

62.5% of adults in Buncombe County are overweight/obese with a body mass index of 25.0 or higher. (2012 CHA health survey)

From 2009-2010, 20.8% of adults in Buncombe County were uninsured and were not receiving the preventive and diagnostic health care services they need. (2012 CHA health survey)

88.1% of adults in Buncombe County are taking action to control their diabetes or prediabetes.

1 in 8 American women will develop breast cancer in their lifetime.

1 out of every 6 American women has been the victim of an attempted or completed rape in her lifetime.

We all have a role to play in women's health. Women often serve as caregivers for their families, putting the needs of their spouses, partners, children, and parents before their own. As a result, women's health and well-being becomes secondary.

As a community, we have a responsibility to support the important women we know and do everything we can to help them take steps for longer, healthier, happier lives.

Statistics show that the leading causes of death in Buncombe County are heart disease, cancer, and chronic lower respiratory disease. By empowering women to make their health a priority we can encourage them to take steps that will improve their physical and mental health, and lower their risk of certain diseases.

You have heard it all before, but we need you to visit a health care professional to receive regular checkups and preventive screenings. Be active, eat healthy, and avoid unhealthy behaviors such as smoking and not getting enough sleep.

May is National Lupus Awareness Month

by Kathey Avery, RN

The risks of developing lupus if you: are female; are black; are between the ages 15 and 45; have a family history of lupus.

Lupus is a type of autoimmune disease that is characterized by chronic inflammation and the body attacking its own tissues and organs. It can also be considered a type of arthritis. Signs and symptoms can vary between different types of lupus, but they are mostly characterized by episodes or flare-ups.

Common symptoms include fatigue, fever, joint pain and stiffness, butterfly-shaped rash across the cheeks and nose, chest pain, shortness of breath, headaches, confusion, and skin lesions that worsen when exposed to the sun. Below are several types of lupus you should know about.



Kathey Avery, RN

Systemic Erythematosus (SLE) Lupus – The most common form of lupus, SLE affects multiple organs of the body at once, and can cause tissue damage and inflammation. While the causes are unknown, it is believed to have genetic, environmental, and hormonal factors.

SLE also makes up about 70 percent of all lupus cases.

Drug-Induced Lupus Erythematosus – This form of lupus is triggered by certain medications. The signs and symptoms are typical of lupus, and include joint pain, muscle pain and fever. It does not, however, affect the body systemically, so other organs are not affected. The "trigger" drugs are mostly for other chronic conditions, such as seizure, rheumatoid arthritis, tuberculosis, irregular heart rhythms, and high blood pressure.

Once the medication is stopped, symptoms of lupus will usually dis-

appear within six months. It should be noted that taking the typical "trigger" medications will not put a person at higher risk of contracting lupus, so they should still be taken as directed.

North Carolina ranks #14 in the nation for teen pregnancy. (2010 statistics, APCNC)

According to Buncombe County 2010 data, more than 4 out of 10 pregnancies were unintended. Over half of the infant deaths in NC can be attributed to medical issues of the mother, many of which existed before the pregnancy. (NC Preconception Health Strategic Plan)

The highest percentage of low birth weight births in Buncombe County occurred among black women (14.1%), followed by white women (8.3), and non-Hispanic women of other races.

To bring more awareness to these issues, ABIPA, the Buncombe County Department of Health and Human Services, along with local

What You Need To Know

are usually formed from clusters of small papules.

Neonatal Lupus Erythematosus

– This is a rare form of lupus that affects babies that are born to mothers who usually have lupus. The mother's lupus antibodies act on the infant in the womb, so upon birth, the baby can have skin rash, low white blood cell counts and liver problems.

Most cases, affected babies will recover eventually with no lasting effects. In some cases neonatal lupus can lead to heart defects that may require pacemakers for the rest of the infant's life. Talk to your doctor about prenatal lupus testing if you are concerned.

Tumid Lupus – This form of skin-limiting lupus is characterized by large plaques that develop on the trunk, or body, of the affected individual. It happens when the skin is exposed to the sun, and the plaques

On Site Activities

56 Walton Street

Brother 2 Brother Breakfast Club

Saturday, May 11
Prostate & Diabetes Health.
8 a.m. at the ABIPA office.

Healthy Breakfast
Options provided by



Sista 2 Sista Lunch & Learn

Saturday, May 18
Breast Cancer Support
Group. Cancelled due to
HER Event.

community partners will be hosting Women's Health Day on Saturday, May 18 from 1 to 5 p.m. at the Pisgah View Community Center.

The event is designed to give the community and individuals a better understanding of the health issues facing women, and community solutions that are available. The day will include free screening/assessment services, interactive presentations, educational materials, and much more.

Come join us as we celebrate and raise awareness about women's health, and the importance of making your health your first priority!

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Childhood Lupus – This form of lupus generally affects children in the same manner as lupus that affects adults. It can be more specific in children; however, as childhood lupus seems to seriously affect the kidneys more than other organs. Signs and symptoms are the same as SLE. Children are usually put on long-term therapy and medications.

Lupus can be a debilitating disease that can decrease the affected individual's quality of life drastically. There is no treatment or cure for lupus, it can be effectively managed to alleviate episodic flare-ups.

Since signs and symptoms for lupus can be similar to other illnesses, it is best to seek a second opinion to avoid misdiagnosis. If you suspect you have lupus and are experiencing symptoms, be sure to see your health care professional.